

Course Title	ARTISTIC GYMNASTICS II				
Course Code	SSART416-S-1				
Course Type	SPECIALISATION ELECTIVE				
Level	BSc (Level 1)				
Year / Semester	4th / Spring				
Teacher's Name	Dr. Elpida Michael				
ECTS	12	Lectures / week	3	Laboratories / week	3
Course Purpose	<ol style="list-style-type: none"> To provide students with the necessary theoretical, practical, and methodological knowledge to be considered "gymnastics coaches". To coach children in gymnastics academies and young athletes at the level of the championship's preliminary stages. 				
Learning Outcomes	<p>Upon completion of the course, students will be able to:</p> <ol style="list-style-type: none"> Identify and explain specific training topics in gymnastics, the relevant rules and scoring codes. Design and implement effective teaching methods for learning complex exercises and programs in gymnastics. Apply the World Code of Artistic Gymnastics to grade men and women, enhancing fairness and accuracy in assessments. Develop and implement strategies to ensure safety and assist athletes during training and competitions. Understand and apply the principles of warm-up and the structure of a training unit for maximum performance and injury reduction. Plan training in the medium and long term, considering the needs and goals of athletes. To organize and conduct competitions and championships of artistic gymnastics, enhancing athletic excellence and athletic spirit. Create protocols for recording and evaluating the technical execution of exercises and skills, promoting the continuous improvement and development of athletes. Critically evaluate teaching methods and training programs, as well 				

	as athletes' progress and performance, to continuously improve coaching practice		
Prerequisites	PESS106: Training Principles	Corequisites	No
Course Content	<ol style="list-style-type: none"> 1. Special training topics in artistic gymnastics. 2. Methods of teaching complex exercises and programs. 3. Scoring code according to the World Code of Artistic Gymnastics for men and women. 4. Safety and assistance in gymnastics. 5. The warm-up and structure of a training unit. 6. Medium and long-term training planning. 7. Teaching complex exercises and programs to the instruments. 8. How we teach gymnastics in recreational areas. 9. How we organize races and championships. 10. How we create protocols for recording and evaluating the technical execution of exercises and skills. 11. Summary and evaluation of the topics taught. 		
Teaching Methodology	<p>Theory</p> <p>The teaching of the course includes lectures to provide the theoretical background. Detailed notes with PowerPoint and material rich in images and videos are used in teaching. Methods like case studies, real scenarios, discussion, questions/answers are used in the teaching methodology depending on the course's nature. In addition, workshops and site visits with hands-on experiences are provided to deliver the practical background of course content. Relevant material published in international scientific journals is also used to follow the latest developments related to the subject of the course.</p> <p>Practical</p>		

	<p>During the practical courses, students develop the practical skills required for the sport, with emphasis on proper technique with progressive teaching and application of exercises, to become capable of performing and teaching the basic motor skills of the sport. It is also described and presented how to teach each exercise/program for the sport using a trainee model</p>
Bibliography	<ol style="list-style-type: none"> 1. Ντάλας, Γ. Ενόργανη Γυμναστική Ανδρών και Γυναικών - Μηχανική/Τεχνική/Μεθοδολογία. Εκδόσεις Τελέθριον, Αθήνα, Ελλάδα, (2012). ISBN: 978-960-8410-62-6 2. Καϊμακάμης, Β. Ενόργανη Γυμναστική. Εκδόσεις Μαϊάνδρος, Θεσ/νικη, (2003). ISBN: 960-7434-14-5. <p style="text-align: center;"><u>Additional bibliography</u></p> <ol style="list-style-type: none"> 1. Σιάτρας, Θ. Ενόργανη Γυμναστική - Η Μηχανική των Ασκήσεων. Εκδόσεις University Studio Press, Θεσσαλονίκη, (2003). ISBN: 960-12-0970-0. 2. Καμπιώτης, Σ.Ι. Αρχές και στοιχεία της ενόργανης γυμναστικής. Θεωρία και πράξη: μια πολυεπίπεδη προσέγγιση. Εκδόσεις Τελέθριον, Αθήνα, Ελλάδα, (2010). ISBN: 960-8410-74-6. 3. Μυλώσης, Δ. Ενόργανη Γυμναστική στην προσχολική ηλικία - Σύγχρονη παιδοκεντρική προσέγγιση. Εκδόσεις Αδελφοί Κυριακίδη Α.Ε (2022). ISBN: 978-960-602-370-5. 4. FIG Code of Points (εκάστοτε τετραετίας).
Assessment	<ul style="list-style-type: none"> • Theoretical Intermediate Exam (20%): It focuses on the assessment and understanding of the theoretical knowledge and understanding acquired by students regarding artistic gymnastics. The exam may include various question formats, such as multiple choice, synthetic questions, development questions, case studies, or other structures. • Training plan (15%): The written submission and evaluation of a draft training plan at a theoretical level regarding gymnastics is requested. This should include at least a description of training

	<p>objectives, teaching methods and practices, training organization, appropriate exercises, and evaluation of athletes in relation to gymnastics.</p> <ul style="list-style-type: none"> • Practical examination (35%): A) Microteaching 25%: The candidate presents a short teaching session on gymnastics, following a prepared training plan that includes training objectives, exercises, teaching methods and training materials. B) Technical Skills of the Sport 10%: The candidate demonstrates and demonstrates basic technical skills in gymnastics required to practice the specific sport. • Final Theory Exam (30%): The exam includes a wide range of topics, comprehensively reflecting the material presented during the course on artistic gymnastics. This includes concepts, theoretical frameworks, and case studies, giving a complete copy of the knowledge gained in gymnastics. In addition, the exam focuses on the student's ability to connect various concepts, thus creating a comprehensive understanding of the field of artistic gymnastics and how it can apply theoretical principles in practical scenarios, offering alternatives where needed, thus demonstrating its ability to transfer the acquired knowledge in the field of gymnastics to practical scenarios.
Language	Greek / English